

HAARLEM OIL CAPSULES IF YOUR BACK ACHES

Do you feel tired and "worn-out"? Are you nervous and irritable? Don't sleep well at night? Have a "dragged out" unrested feeling when you get up in the morning? Dizzy spells? Headache? Bad taste in the mouth, backache, pain or soreness in the loins, and abdomen? Severe distress when urinating, bloody, cloudy urine or sediment? All these indicate gravel or stone in the bladder, or that the poisonous microbes, which are always in your system, have attacked your kidneys.

You should use GOLD MEDAL Haarlem Oil Capsules immediately. The oil soaks gently into the walls and lining of the kidneys, and the little poisonous animal germs, which are causing the inflammation, are immediately attacked and chased out of your system without inconvenience or pain.

WORMS

"Worms" that's what's the matter of lots. Stomach and intestinal worms. Nasty as bad as dysentery. Cost you too much to feed, etc. Look bad—bad. Don't physic 'em to death. Spohn's Compound will reduce the worms, improve the appetite, and tone 'em up all round and don't "physic" acts on glands and blood. Full directions with each bottle, and sold by all druggists.

SPONH'S MEDICAL CO., Goshen, Ind. U. S. A.

It's Acid-Stomach That Makes Millions Sick and Suffer

Life is dark—dark worth most to the man or woman with an acid-stomach. Acid-stomach kills. Hope, Appetite, Energy, Courage. It saps the strength of the strongest body—disorders the brain, heart, lungs, kidneys, liver, bowels, eyes, skin, teeth, and bones of you mature old age.

The doctor says what acid-stomach does to teeth and bones how the acid slowly eats through the same, destroying the teeth and bones, causing them to become weak, tender, sensitive, and unable to bear the pressure of the stomach.

Millions of people are weak and unhealthy all the time, in one way or another, especially after acid-stomach.

They are weak, tired, sick, fatigued, dragging along through life, weak, listless, dragging one after another. Their nerves and sensations less power and poise. Frequently have severe attacks of pain, and are continually subject to fits of melancholy and mental depression. And, because always their stomachs are out of order, even though many experience no actual stomach pains, they are continually subject to fits of depression from the lack of energy. No, this is just like acid-stomach, that is nothing in many people's backs excepting on the strength they should have, and the result, taking away their vigor and vitality—leaving them weak and inefficient.

Delivering the Goods.

Nothing is permitted to nemesis the British royal air force photographer. If the state of the right material unexpectedly runs short he makes shift successfully with a substitute. In emergencies, when the supply of acetylene gas has given out he has been known to devise his plates most successfully by the glow of a lighted cigarette. He delivers the goods, and his prints pass with amazing rapidity to the intelligence staff, the detective clearing house of the photographic results of air reconnaissance.



Get Dodd's for kidney ills—prompt relief or money back. Insist on box with 3 D's in name, shown here. All druggists.

Every Woman Wants

Paxtine ANTISEPTIC POWDER

FOR PERSONAL HYGIENE. Dissolved in water for dentures stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Medi. Co., for ten years. A healing wonder for nasal, ear, eye, throat and nose ills. Economical. *Sample free. Dr. David Roberts' Anti-Abortion Compound, Boston, Mass.*

Stop Losing Calves Stamp Abortion Out of YOUR HERD and Keep It Out

By the use of DR. DAVID ROBERTS' "Anti-Abortion"

Small Expenses. Apply to Dr. Roberts. Used completely for 20 years. Consult DR. DAVID ROBERTS about all animal ailments. Information free. Seed for FREE TESTIMONIALS with full information on abortion in Cows. DR. DAVID ROBERTS VETERINARY CO., 300 Chestnut Ave., Philadelphia, Pa.

Deep-Seated Colds

develop serious complications if neglected. For an old and time-tried remedy that has given satisfaction for more than fifty years

F. J. Cheney & Co., Toledo, Ohio.

Bothe Baby Rashes
That itch and burn with hot baths of Cuticura Soap followed by gentle anointings of Cuticura Ointment. Nothing better. For free samples address, "Cuticura, Dept. X, Boston." Sold by druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

All He Wants Said of Him.
"I don't want any praise for what I'm doing in this war."

"No!"
"Not at all. All I ask is that you write me down as one who didn't take advantage of a schoolboy and buy a fifty-dollar bond from him when I'd have been ashamed to take less than two thousand dollars' worth from a grown man."

"Cold in the Head"
An acute attack of Nasal Catarrh. Persons who are subject to frequent "cold in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the System, cleanse the Blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh.

HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. All Druggists. No. Testimonials free.

HALL'S CATARRH MEDICINE will not cure.

F. J. Cheney & Co., Toledo, Ohio.

Squeaks.

"What makes more noise than hog under a fence?"

"Two hogs under a fence."

"Wrong. The answer is a Hun abo-

to be licked."

PISO'S

W. N. W. ST. LOUIS, NO. 44-1918.

Temperance Notes

(Conducted by the National Woman's Christian Temperance Union)

SUBSTITUTE MILK FOR BOOZE

Milk contains all the elements needed to build up and sustain the body. That is why workers feel satisfied after drinking it. The shipbuilders of Seattle are using 10,000 pint bottles of milk every lunch hour, and the only reason they do not use 20,000 is that there is a limit to the supply. And as for ice cream cones, great piles of them go like hot cakes every noon.

The heaviest consumers of milk and ice cream in Seattle shipyards are said to be the steel construction men—riveters, plate hangers and the foremen. This work exacts a heavy toll on physical strength and these workers find milk an element that puts "pep" and vigor into them.

"The change from beer to milk has been a mighty good thing for everybody concerned," said W. R. Bailey, who has worked in the shipyard pattern shops off and on nearly thirty years. "In the old days a foreman could never tell how many men he would have on the job the next day after pay day. It was the rule for the men to break for the nearest saloon as soon as they received their checks and most of them anchored there until they were turned out—broke. I've known fellows in those days that couldn't buy a pair of socks because they never had anything left after the first visit to the saloon. When some of the men did come back to work they were sodden and dull and incapable of doing a good day's work."

"Things are different now. These men who are drinking milk instead of beer have clear skins, clear vision and clear minds. They are able to do a fair day's work every day and can make extra effort when it's necessary."

SAVING MAN POWER.

New Hampshire, like other commonwealths made dry by state enactment, has proved that prohibition results in marked conservation of man power and money power. Here is the record of "drunks" of eight cities for the first month after the law went into effect contrasted with the corresponding month under license:

	1918.	1917.
Berlin	3	79
Concord	6	54
Dover	6	37
Franklin	2	30
Manchester	48	345
Nashua	24	81
Portsmouth	11	95
Somersworth	3	22

Total 103 752
This represents 449 "drunks" saved in one month in these eight cities. It is safe to assume that an equal number of real "drunks," not arrested, were unable to work after pay day and as a result of a job because drunk. Allowing a conservative estimate of only five days' loss of time for each drunk (many were 30 days) we have 6,480 days' work saved to New Hampshire by eight cities alone in one month of prohibition. At \$3 a day this is nearly \$20,000 in money.

BIBLE CLASS DISCONTINUED BECAUSE OF PROHIBITION.

In a four-mile trip through the South and the far West, Miss Anna A. Gordon, president of the National W. C. T. U., found the people in dry territory well satisfied with prohibition and in the large cities like Portland, Ore. and Seattle, Wash., no industrial disturbance had followed its adoption.

"The only criticism, I heard," she said, "was in Portland, where they said it had put out of business the largest Bible class in the country. Of course I was shocked to hear that, but when the president of the local Woman's Christian Temperance union told me that she had been for a number of years teaching that Bible class every Sunday morning in the county jail, and that prohibition had taken her class away from her, I went on my way rejoicing."

ABSTINENCE AND EFFICIENCY.

As regards straight shooting it is everyone's experience that abstinence is necessary for efficiency. By careful and prolonged tests, the shooting efficiency of the men was proved to be 30 per cent worse after the rum ration than before. What is true of the soldier is true of the man who makes the supplies for the soldiers and sailors. Neither civilian nor soldier can be at his best for work in the trenches or in the factory when he uses intoxicating liquor. It takes three or four men at home to support one soldier in the trenches. If the civilians at home destroy their efficiency through drink they destroy the support of the army just as effectively as if the evil result came in direct contact with the army itself.—Admiral Jellicoe.

SOLDIER'S PLEA

In the department, "Letters from the People," of the Chicago Herald and Examiner we find this:

Sir—As the son of a father brutalized through drink, I urge you to do everything in your power to help the prohibition measure. I am leaving for camp realizing the agonies that my mother is suffering without the aid of her three boys, all of whom have gone to the front.

THE VICTIM OF A DRUNKEN FATHER.

(Name withheld)

INDIGESTION, GAS, UPSET STOMACH

HURRY! JUST EAT ONE TABLET
OF PAPE'S DIAPESPIN FOR
INSTANT RELIEF.

No waiting! When meals don't fit and you belch gas, acids and undigested food. When you feel indigestion pain, lumps of distress in stomach, heartburn or headache. Here is instant relief.



Just as soon as you eat a tablet of Pape's Diapespin all the dyspepsia, indigestion and stomach distress ends.

These pleasant, harmless tablets of Pape's Diapespin always make sick, upset stomachs feel fine at once and they cost so little at drug stores.—Adv.



SPANISH INFLUENZA--WHAT IT IS AND HOW IT SHOULD BE TREATED

Nothing New—Simply the Old Grip or La Grippe That Was Epidemic in 1889-90, Only Then It Came From Russia by Way of France and This Time by Way of Spain

Go to Bed and Stay Quiet—Take a Laxative—Eat Plenty of Nourishing Food—Keep Up your Strength—Nature is the Only "Cure"

ALWAYS CALL A DOCTOR

NO OCCASION FOR PANIC

Spanish influenza, which appeared in Spain in May, has all the appearances of grip, or in gripe, which has swept over the world in numerous epidemics as far back as history runs. Hippocrates refers to an epidemic in 412 B. C., which is regarded by many to have been influenza. Every century has had its attacks. Beginning with 1831 this country has had five epidemics, the last in 1889-90.

There is no occasion for panic—infuenza itself has a very low percentage of fatalities—not over one death out of every 400 cases, according to the N. C. board of health. The chief danger lies in complications arising, attacking principally patients in a run-down condition—those who don't go to bed soon enough or those who get up too early.

THE SYMPTOMS

Grip, or influenza, as it is now called, usually begins with a chill, then a purulent, eat plenty of nourishing food, remain perfectly quiet and don't worry. Quinine, aspirin or Dover's Powder, etc., may be administered by the physician's directions to relieve the aching. But there is no cure or specific for influenza—the disease must run its course. Nature herself will throw off the attack if only you keep up your strength. The chief danger lies in the complications which may arise. Influenza so weakens the bodily resistance that there is danger of pneumonia or bronchitis developing, and sometimes inflammation of the middle ear, or heart affections. For these reasons it is very important that the patient remain in bed until his strength returns—stay in bed at least two days or more after the fever has left you, or if you are over 50 or not strong stay in bed four days or more, according to the severity of the attack.

THE TREATMENT

Go to bed at the first symptoms, not only for your own sake, but to avoid spreading the disease to others—take a purgative, eat plenty of nourishing food, remain perfectly quiet and don't worry. Quinine, aspirin or Dover's Powder, etc., may be administered by the physician's directions to relieve the aching. But there is no cure or specific for influenza—the disease must run its course.

Nature herself will throw off the attack if only you keep up your strength. The chief danger lies in the complications which may arise. Influenza so weakens the bodily resistance that there is danger of pneumonia or bronchitis developing, and sometimes inflammation of the middle ear, or heart affections. For these reasons it is very important that the patient remain in bed until his strength returns—stay in bed at least two days or more after the fever has left you, or if you are over 50 or not strong stay in bed four days or more, according to the severity of the attack.

When you are ill, take a spoonful of VapoRub every hour.

Use Vick's VapoRub at the very first sign of a cold. For a head cold, melt a little VapoRub in a spoon and inhale the vapors, or better still, use VapoRub in a benzoin steam kettle. If this is not available, use an ordinary kettle. Fill half full of boiling water, put in half a teaspoon of VapoRub from time to time—keep the kettle just slowly boiling and inhale the steam arising.

Note—Vick's VapoRub is the discovery of a North Carolina druggist, who found how to combine, in salve form, Menthol and Camphor with such volatile oils as Eucalyptus, Thyme, Cajeput, etc., so that when the salve is applied to the body heat, these ingredients are liberated in the form of vapors.

VapoRub is comparatively new in New York State and New England and a few Western states where it is just now being introduced, but in other sections of the country it is the standard home remedy in more than a million homes for all forms of cold troubles. Over six million jars were sold last year. VapoRub can be had in three sizes at all druggists. It is particularly recommended for children's croup and colds, since it is externally applied and therefore can be used as freely as desired without the slightest harmful effects.

VapoRub is comparatively new in New York State and New England and a few Western states where it is just now being introduced, but in other sections of the country it is the standard home remedy in more than a million homes for all forms of cold troubles. Over six million jars were sold last year. VapoRub can be had in three sizes at all druggists. It is particularly recommended for children's croup and colds, since it is externally applied and therefore can be used as freely as desired without the slightest harmful effects.

IS HUMANITY'S GREATEST FOE

It is always a terror to old people and a menace at some time or another to even the young. Human beings more than almost any of NATURE'S DANGER SIGNALS and should never be allowed to go unheeded. At the very first indication of constipation get DR. TUTT'S LIVER PILLS which for 72 years has been successfully used for this most prevalent of all disorders. For sale by druggists and dealers everywhere.

Dr. Tutt's Liver Pills

Survives 2,000-Foot Fall.

Herbert T. Newcomer of Iowa in July fell 2,000 feet in his plane in France. He survives.

When Baby is Teething

GROVES BABY BOWEL MEDICINE will correct the Stomach and Bowel irritations. Perfectly harmless. See directions on the bottle.

Paper Pulp From Afia.

A company has been formed in France for the manufacture of paper pulp from afia in Algeria.

Of Course.

There seems to be a bond of sympathy between a good-looking toss and a good-looking glass.

Middle Aged Women

Middle Aged Women

Are Here Told the Best Remedy for Their Troubles.

Freemont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. GOODALE, 925 Napoleon St., Fremont, Ohio.

North Haven, Conn.—"Lydia E. Pinkham's Vegetable Compound restored my health after everything else had failed when passing through change of life. There is nothing like